

Abstract

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Title of diploma thesis: The effect of the diet on the prevalence of allergies in children

BACKGROUND: The aim of our work was to investigate a connection between child's nutrition and development of allergy and to confront our results with recent findings in this field of science.

METHODS: We distributed 2793 self-made questionnaires to 69 schools all around the Czech Republic. The target group were children in 7th and 8th grade and their parents who responded retrospectively on a wide variety of topics. We got back 1697 questionnaires

RESULTS: Consumption of this food had a negative effect on a development of allergy: yoghurts 2 – 5 times per week while breastfeeding ($p < 0,05$), fish less than once a week while breastfeeding ($p < 0,05$), meat and smoked meat 1 – 3 times a week between 4 and 6 years of age ($p < 0,05$). On the opposite, these had a positive (preventive) effect: no yoghurts while breastfeeding ($p < 0,05$), homegrown fruits while breastfeeding ($p < 0,05$), smoked meat occasionally at age of 2 and doing so continuously in the following years ($p < 0,005$).

CONCLUSIONS: From a wide range of data we got only few statistically relevant outcomes. There should be more research done on the effect of meat, smoked meat, yoghurts, homegrown fruits and fish. We found no connection between a development of allergy and consumption of milk, cheese, vegetables, honey, fried and instant food, peanuts, eggs, and artificial sweeteners.